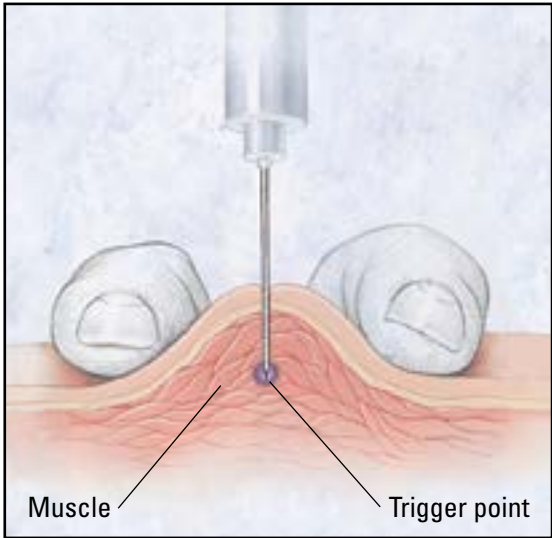


What Is a Trigger Point?

A **trigger point** is a tight, painful “knot” of muscle fiber. It can form where a muscle is strained or injured. The knot can sometimes be felt under the skin. A trigger point is very tender to the touch. Pain may also spread to other areas. Muscles around a knee, shoulder blade, or other bones are prone to trigger points.



Injecting a trigger point can help relax the affected muscle and relieve the pain.

Back to Activity

Be active to help your muscles heal. Your provider may suggest exercises. Be sure to do them as often as you are told. Your provider may also prescribe physical therapy. Stretch and strengthen your muscles and practice good posture. This helps keep muscle pain or spasms from coming back.

Special Instructions:

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Trigger Point Injection



Easing Trigger Point Pain

The cause of your muscle pain or spasms may be one or more trigger points. Your provider may decide to inject the painful spots to relax the muscle. This can help relieve your pain. Relaxing the muscle can also make movement easier. You may then be able to exercise to strengthen the muscle and help it heal.



Your muscle pain or spasms may be caused by one or more trigger points.

About the Injections

Any muscle in the body can have one or more trigger points. Several injections may be needed in each trigger point to best relieve pain. These injections may be given in sessions a few weeks apart. In some cases, you may not feel much change in your symptoms until after several injections.

Your Injection Experience

Most trigger point injections are done in the provider's office. Your provider may ask you to stop taking certain medications for a time before the treatment. Bring any test results with you, as instructed. When you arrive, you may be asked to fill out some forms.

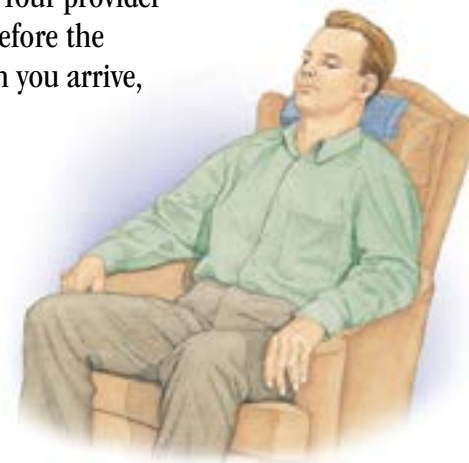
During the Procedure

You will be asked to sit in a chair or lie on an exam table. You are positioned so that you are comfortable and your provider can reach the affected muscle.

- Your provider will feel and stretch the muscle to find the exact spot of the trigger point. This may hurt, but will not take long.
- Once the trigger point is found, the skin is cleaned. It is then injected. The injection may contain medication, such as a local anesthetic (which numbs the area). Ask your provider what kind of medication is being used.
- If you have other trigger points, the process will be repeated.



Once a trigger point is found, it may be injected to help relax the muscle and relieve the pain.



After the injection, you may be instructed to put ice or heat on the treated site.

After the Treatment

You can go home soon after treatment. Take it easy for the rest of the day. The injection sites may be sore for a day or so. Put ice or heat on the treated sites as instructed by your provider. Ask what medications you can take if you need pain relief. If your provider says it's okay, you can return to work the day after the treatment.

When to Call Your Provider

Call your provider if you have increased pain, drainage at the treated site, or a fever of 100.4°F (38°C) or higher, or as directed by your provider.

Risks and Possible Complications

Complications are *very rare*, but may include:

- Infection
- Bleeding
- Nerve damage
- Increased pain, numbness, or weakness
- Lung puncture (pneumothorax)